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Effect of Aasana, Exercise on flexibility of Players

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Introduction:

The present paper has been undertaken to focus and explore the relationship between yoga and physical education. The physical fitness of human being is the main objective of physical education and sport. It is therefore, essential for all physical education students, teachers to know about physical fitness, its components and their relationship to yoga. It is Yoga which is one of the ancient practices to keep fitness of human being.

The word 'yoga' derived from Sanskrit language and means 'union' or 'merger'. The ultimate aim of this philosophy is to strike a balance between mind and body and attain self-enlightenment. To achieve this, yoga uses movement, breath, posture, relaxation and meditation in order to establish a healthy, lively and balanced approach to life.

However, origin of yoga is recognized from very an ancient area. On the consideration of patanjali's writing also became the basis for a system referred to it as "Ashtanga Yoga" ("Eight-Limbed Yoga"). This eight-limbed concept derived from the 29th Sutra of the 2nd book became a feature of Raja yoga, and is a core characteristic of practically every Raja yoga variation taught today. The Eight Limbs of yoga 1 are:

Materials & Methods:

- (1) Varna (The five "abstentions"): Nonviolence, truth, non-covetousness, chastity, and abstain from attachment to possessions.
- (2) Niyama(The five "observances"): Purity, contentment, austerities, study, and surrender to god
- (3) Asana: Literally means "seat", and in Patanjali's Sutras refers to seated positions used

for meditation. Later, with the rise of Hatha yoga, asana came to refer to all the "postures"

- (4) Pranayama ("Lengthening Prana"): Prana, life force, or vital energy, particularly, the breath, "ayama", to lengthen or extend
- (5) Pratyahara ("Abstraction"): Withdrawal of the sense organs from external objects.
- (6) Dharana ("Concentration"): Fixing the attention on a single object
- (7) Dhyana ("Meditation"): Intense contemplation of the nature of the object of meditation
- (8) Samadhi ("Liberation"): merging consciousness with the object of meditation

Conclusion:

On the consideration of Patanjali's writing, Yoga consists of Asana, Pranayama, Meditation and Ashtanga Yoga which are related to physical fitness. Asana is very useful to improve physical fitness. However, regular practice of Bujangasana, chaakrasana, and other Asana improve the flexibility of player.

In general, flexibility means the range of movements around the skeletal joints of the body. The flexibility is not a general body character but 'it is specific to each body region. If a person has highly flexible shoulder joint, it does not necessarily mean that he or she will have good knee flexibility or hip flexibility. Even it is possible that one shoulder joint is more flexibility than then other. For a good physical fitness, it is essential that a person has quit flexible joints and able to maintain his or her body flexibility.

Flexibility is defined by Devinder k. Kansal; 'the range of motion around a joint as determined by the elasticity of the muscles, tendons and ligaments associated with the joint under consideration.

Exercise Training of Yoga: This is the most effective factor in improving flexibility component of one's physical fitness. In other words, flexibility component is improved more rapidly and retained longer as compared to other fitness components. Training of stretching exercises continued for two to three weeks increases one's flexibility of the concerned joint.

Flexibility can be measured by tests depending upon the aim of the tester or the specificity of the body joints or the specificity of the sports category. Flexibility tests are as 1. Liner Measurement Flexibility Tests: in this type of test, flexibility is measured in linear unit' si. e. centimeters or inches by the use of a flexometer. 2.Sit and Reach Test:

This test is used to measure the flexibility of the back and leg muscles. It is a kind of absolute and linear test of flexibility.

The effect of the practice of Bhujangasana can be measured by two major flexibility tests as above mentioned. Also the research revealed that special exercise of Yoga Aasana is useful to improve the flexibility and performance of player. Special exercise of Yoga Aasana for a game is one kind of training to improve the performance in the game. So, it is Yoga Aasana exercise which is necessary to improve the flexibility of players in game. 'Bhujangasana exercise improves the flexibility of players. And the effect of BhujangaAasana exercise on flexibility of players is positive one.

Also 'Dhyana' (*Meditation*) is one of the crucial *Ashtanga yoga*. Meditation occurs through the practices of *Pranayama*. It plays very vital role while taking decision in the game. If player keeps his mind sportive and active while playing in the game, he would succeed in game. Nevertheless, it is the only concentration makes able to play actively and this can occur through the meditation. On this consideration there is positive relationship between yoga and physical education.

In the summing up, there is correlation between Patanjali's *Ashtanga yoga* and fitness of human body. Also the research experience supports the view that the practices of *Asana*. *Pranayama* can have subtle effects on the flexibility, brain and fitness of players and influence the individual's level of improvable performance in the sport, so there is correlation between yoga and physical education.

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